



# Wisconsin Food Stamp Program Fact Sheet

## Food Stamps Make Wisconsin Healthier

### Food Stamps Help People With Low Income Buy Food

To get food stamps, apply at your local county/tribal, social or human services agency. Food stamp benefits come on a plastic card that you use just like a credit or bank debit card. Most food stores accept this card.

### To be Eligible to Receive Food Stamp Benefits You Must:

- File an application
- Interview with a food stamp worker
- Meet basic eligibility rules
- Verify certain information
- Meet asset limits
- Meet income limits
- Register for work (with some exceptions, such as if you are elderly, disabled or a custodial parent of a child under age 6)

People who live together and, buy food and prepare meals together, are grouped as a "household." Husbands and wives, and, in most circumstances, their children under age 22 must be one household.

Households may have up to \$2,000 in assets, such as savings accounts and other investments, or up to \$3,000 if at least one member is age 60 or older, or has a disability. Some assets count toward these limits and some do not. For example, your home and your vehicle are not counted.

Most types of income are counted. After adding all of your household's countable income, certain reported deductions such as shelter costs, child care costs, child support paid, etc., are subtracted from your gross monthly income to find out your net monthly income. The food stamp benefit amount is based on the number of people in your household, and your total monthly net income.

For October 1, 2003, through September 30, 2004, the Monthly Income Limits are:			
People in Household	Gross Monthly Income	Net Monthly Income	Maximum Allotment*
1	\$ 973	\$ 749	\$141
2	1,313	1,010	259
3	1,654	1,272	371
4	1,994	1,534	471
5	2,334	1,795	560
6	2,674	2,057	672
7	3,014	2,319	743
8	3,354	2,580	849

\*Only families with very little or no monthly income will get the maximum amount of food stamps.

## What You Can Buy With Food Stamp Benefits

Food stamp benefits **can** be used to buy foods such as:

- Breads and cereals
- Fruits and vegetables
- Meats, fish, and poultry
- Dairy products
- Plants and seeds to grow food for your household to eat.

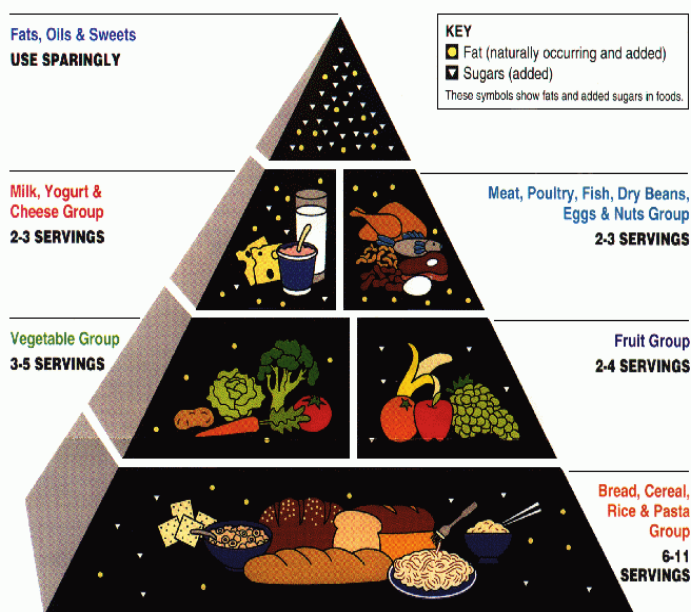
Food stamps **cannot** be used to buy items such as:

- Nonfood items, such as pet foods; soaps, paper products, and household supplies; grooming items, toothpaste, and cosmetics
- Alcoholic beverages and tobacco
- Vitamins and medicines
- Any food that will be eaten in the store
- Hot foods

## CHOOSE FOODS TO PROMOTE A HEALTHY FUTURE AT EVERY STAGE OF LIFE!

Let the Food Pyramid guide your food choices.

- Aim for a healthy weight
- Be physically active each day - 30 minutes for adults, 60 minutes for kids
- Choose a variety of grains (especially whole grains), fruits and vegetable daily



If you want to apply for food stamps, contact your local county/tribal, social or human services agency. If you have more questions contact Recipient Services at 1-800-362-3002 or visit our web site at <http://www.dhfs.state.wi.us/FoodStamps/index.htm>

Information provided in this document is general. To find out more detailed information regarding the Food Stamp Program, please contact your local county/tribal social or human services agency.

The Department of Health and Family Services (DHFS) is an equal opportunity employer and service provider. If you have a disability and need to access this information in an alternate format, or need it translated to another language, please contact (608) 266-3356 (voice) or (608) 266-2555 (TTY). All translation services are free of charge.

For civil rights questions call (608) 266-3465 (voice) or (608) 266-2555 (TTY).